

The Northampton Senior Center Announces

TAI CHI Wing Chun Style



Using a mind- body approach, Linda Peck Yi Dan 2nd degree blackbelt, teaches a mixed class integrating Tai Chi, Qi Gong, Wing Chun and more at the Northampton Senior Center. Students will engage in gestures and postures, which enhance, flexibility, balance, clarity and inner power.

Learn to use your inner power, chi meridiens , to be strong and powerful without having to be a brute. And learn to disarm either a verbal or physical interruption by diflecting a persons energy back on to them.

We explore the 8 powers , the pressure and power points of the body, bone washing as Chinese olympians practicing, and how to move energies throughout the human form, to release tension , blockage, and improve cardiac and breath.

This is a high energy, peace promoting class. Students have said that at the end when they leave” they feel like somehow they are on a current of air or lightness.

Hope you will join us.

When: Tuesdays
Time: 10:00 am to 11:00 am
Cost: \$37.50 for Northampton seniors
\$42.50 for those 55-59 and Non-residents
Dates: April 1, 8, 15, 22, 29
Length of program: 5 weeks

Registration deadline: March 28th

Come in to the Senior Center, 67 Conz St., Northampton to register or call 413-587-1228.